

# HEART and HOME DRIBLEMS

MRS. ELIZABETH THOMPSON

Dear Mrs. Thompson: Will you please give me a formula for reducing flesh?

I know of only one fairly sure way of reducing flesh, and that is to reduce your diet and exercise strenuously every day.

You can live on a milk diet, drinking nothing but milk, for a number of weeks. This will make you about as thin as a rail, if you can stand the diet.

If you don't want to do that, cut down on all food. Eat only enough to keep you going. In time your stomach will adjust itself to the less amount of food and will not demand as much as it does now. Eat only lean meats, hard-boiled eggs, butter, no potatoes or any food containing starch or sugar. Make lemonade your chief drink (without sugar).

For my part, however, I would rather be fat and strong and happy and have enough to eat, than to be thin and perhaps anaemic and bad-tempered. Good nourishing food and sufficient exercise should keep one in good trim, even though not as slim as fashion prescribes.

Dear Mrs. Thompson: (1) What makes the hair oily? Will applying alcohol daily to the hair cure it in time?

(2) Is it wrong for a 14-year-old girl to keep company with a 22-year-old boy if she knows him to be an excellent principled young man? He says he loves me and is going to wait for me until I become of age. He is very nice to me. Do you think he means it, or is he just kidding his time with me? We have known each other for nearly five months.

(3) What good does witch hazel do the face? How often should it be used?

(4) How may I wash a silk tie?

(5) How may one get over being bashful?

LA PETITE.

(1) The formula for oily hair is two ounces alcohol, two ounces witch hazel, 14 grains resorcin. Use daily, rub



bing into the scalp. Do not eat greasy foods.

(2) He is only having fun with you. A man who keeps company with a girl of your age soon gets tired of her. If you have known him only five months you don't know anything at all about him. I should think he would be ashamed to make love to a child of your age!

(3) Witch hazel is used for open pores. Put it on several times a day for this purpose.

(4) In gasoline. Keep it away from fire.

(5) By not thinking of one's self, and trying to be interesting to others.

Dear Mrs. Thompson: I am a girl of 17 and keep company with a boy of 19. He is very nice, indeed, to me and he has often told me he cared for none but me, but nearly every time he comes he asks me to kiss him. I never do kiss him but he often tries. I think very much of him, for he is so nice to me and I would hate to give him up, but don't like him to do this way. Do you really think he likes me? I am in doubt. Please tell me what you would do or tell him if you were in my place.

KITTY.

I am sure you are a dear little girl, Kitty. You have done quite right not to let him kiss you. Probably if you had let him he wouldn't be so anxious to be going with you now. Boys are like that, you know. That is the nice ones are. If he isn't nice he'll get mad at you and stay away, but you'd only lose him a little sooner by refusing the kisses.

Just tell him that you are both too old now for such childishness and that you will not kiss any man until you are engaged to be married to him.

The couple left at once for Chicago, where they will remain a week, before returning to make their home in Moline.

**CHORAL UNION CONCERT.**  
The cantata, "Hilawatha's Wedding Feast," will be given at the First Congregational church, Moline, Wednesday evening by the Moline Choral union, of 100 voices. Henry Wheelock, tenor, will sing the leading part. The cantata has been written by Samuel Coleridge Taylor and has been set to the words of Henry W. Longfellow.

**COLBERT-COPPERSTEIN.**  
A marriage license was issued in Chicago today to Joseph Colbert of Streator, and Miss Lena Copperstein of 727 Ninth street, this city. Miss Copperstein has been employed as a clerk at the M. & K. store.

**W. C. T. U. MEETING.**  
The monthly meeting of the Woman's Christian Temperance union will be held tomorrow afternoon at 3 o'clock at the home of Mrs. R. G. Summers, 1416 Sixth avenue. It will be a mothers' meeting, with Mrs. William Stewart as leader.

**SOCIAL ANNOUNCEMENTS.**  
The O. E. S. Sewing circle will meet at 3 o'clock tomorrow afternoon at Masonic temple. Mrs. Ellen Glean will be the hostess. Election of officers will be held at this time.

The Young People's society of the German Immanuel's Lutheran church will hold a social meeting at the club rooms tomorrow evening. A special program has been arranged and the members are making an effort to procure new members for this meeting.

## BRIDE IN FLIGHT TO ESCAPE FATE

Girl for Whom Billy Rugh Died Obsessed With Fear of Pursuit of Hoodoo.

Chicago, Ill., Jan. 19.—Ethel Smith, the girl for whom Billy Rugh, crippled newsboy gave up his life is feeling westward from Chicago.

Time, place, reason—all are unaccounted and unconsidered. In the mind of the girl there is but one thought, an obsession that wipes out everything else.

To break with the past, to start life anew with new associations and new friends is the girl's one dream. And behind the dream—in fact, the cause of it—is an idea.

To escape her "hoodoo" is the motive behind the girl's strange flight. With her on her journey across the continent is her husband of one week, Leon Cline. With the news of her marriage to Mr. Cline in Chicago a week ago the first premonition of her new resolution came to her friends. At first they were shocked. Then they understood. Why had Ethel Smith failed to marry the sailor whose name had circled the world with hers—Roy Roberts, the man with whom she was riding on a motorcycle when the first tragedy crept into her life, two years ago?

Roberts was Miss Smith's companion on a motorcycle jaunt which was brought to a tragic termination when the gasoline tank exploded, frightfully burning the girl. For a week she lay in a hospital at Gary close to death. Surgeons announced that but one thing could save her life—the grafting of 100 square inches of skin.

Then it was that Rugh made the sacrifice for which he will never be forgotten. A crippled newsboy in the streets of Gary, he volunteered to furnish the skin necessary for the girl's recovery. The operation was performed. The skin taken from his twisted leg necessitated the amputation of the limb.

The story that followed is known around the world. Rugh died. Thousands of persons attended the funeral. For one day Gary paused to pay tribute to his heroism. Funds were started for the erection of a memorial. But the world that had opened its heart refused its pocketbook. The project for a memorial failed.

The girl's improvement was slow. More skin was necessary and more volunteers appeared to supply it. The girl was reported improved and was later removed to her home. Then pneumonia set in and she was taken back to the hospital. A few days afterward another cot was placed beside that of the girl. On it was placed her brother. He had lost an arm in a hunting accident.

Through it all, Roy Roberts, her fiancé, lingered by the sick bed of the girl.

That is why Miss Smith's friends wondered why she had not become Mrs. Roberts. Then they remembered the chain of tragedy which had linked itself about the life of the girl. They heard Miss Smith express her fear of the "hoodoo." Then they understood.

**Stockholders' Meeting.**  
Office of the Chicago, Rock Island & Pacific Railway Company, Chicago, Ill., Nov. 25, 1913.

To all stockholders of the Chicago, Rock Island & Pacific Railway company:

A special meeting of the stockholders of the company will be held at the office of the company in the city of Chicago, Ill., on Saturday, the 31st day of January, 1914, at 10 o'clock a. m., for the purpose of voting upon the acceptance by the company of a lease of the line of railway of the Rock Island, Stuttgart & Southern Railway company, extending from Mesa, Prairie county, Arkansas, in a southerly direction through the counties of Prairie and Arkansas to Stuttgart, Arkansas county, Arkansas, a distance of approximately 22 miles; said lease to extend for a term of 999 years from Feb. 1, 1914, upon such terms and conditions as may be agreed upon.

H. U. MUDGE, President.  
Geo. H. Crosby, Secretary.—(Adv.)

## ANNUAL DINNER FRANKLIN CLUB

Yearly Spread of Tri-City Organization Will Be Held at Rock Island Club.

Invitations have been issued for the annual dinner of the Tri-City Ben Franklin club to be held Friday evening at 6:30 at the Rock Island club. The meeting will also be held in honor of the 28th anniversary of the birth of Benjamin Franklin.

The committee has arranged an interesting "get together" program for the guests and their ladies at the club rooms. Irving C. Norwood, secretary of the Davenport Commercial club, will talk about "Ben Franklin, Printer." Other guests will be called upon by the toastmaster for brief responses.

### Miss McDowell Talks on Social Conscience

The feature of the week for the women of the city will be the mass meeting to be held at the Illinois Friday afternoon at 2 o'clock which will be addressed by Miss Harriett Vittum of Chicago. Announcement of this meeting was made by Mrs. F. H. First of the civic department at the January session of the Woman's club of Rock Island, held Saturday afternoon at Masonic temple. Miss Vittum is associated with the Northwestern settlement of Chicago and very recently addressed the civic department of the club on the problems of municipal housekeeping. She at that time impressed her hearers with her great earnestness and familiarity with subjects that the women of this city are interested in that an effort was at once made to bring her to address a mass meeting of women. The meeting of Friday will not be for club women only, but for all women of the city and its object will be to arouse the women of the city to their responsibility in voting on matters of public interest.

The meeting of Saturday afternoon was addressed by Miss Mary McDowell of the University of Chicago settlement, who spoke on the theme of social conscience. Social conscience is growing rapidly according to Miss McDowell. For a long time it seemed to be dormant, but this was only a formative period in preparation for the awakening that is surely coming. She spoke of the absence of any standardization of the relation of the social conscience with city government, with the giving or taking of money; the social conscience has not until recently asked how the clothes that are worn are woven, what the ventilation, light and what the conditions are in the room where they are made; what the wages, the hours of rest, the age of the worker, what is that worker's inclination, etc., but about all these there is a fine sensitiveness growing.

Social conscience is invading politics and political programs are being made out with the best interest of human beings in mind. The churches are growing a new conscience out of the old conscience and social service departments are being organized, the labor question, the liquor question, and the molding of public opinion are receiving a share of attention which they should have had long ago. But with this new conscience comes a new sense of obligation. The mother can think no longer only of her child, she must think of all children. She cannot think only of her home and its condition, she must think of her obligation to all people, see that they are properly housed, fed, have the privacy of home life, the proper conditions under which to raise a family. She must feel a sense of obligation in the city of her home, in every street, alley, church, school building and public place.

Miss McDowell has made a special study of civic conditions and alive to the knowledge of wrong civic government which cannot be remedied unless there is something with which to replace evil or whatever is wrong, she made a tour abroad to study methods of municipal housekeeping in older, more experienced Europe. She visited all the large cities of the old continent and gleaned from them the good points of their government. Her special study was the disposal of garbage

and she returned with a constructive idea to give to her home city. She is today considered one of the best informed in the country on the subject of garbage. She is of the opinion that incineration is the best method for the disposal of garbage.

In her talk Miss McDowell impressed upon her hearers the importance of looking after all parts of the city, of the necessity of cultivating a beauty in every thing that can be shared by all alike, for ugliness breeds brutality. There are two laws from which to choose: the law of the garden, which is constructive, which means growth, beauty, culture, love; and the law of the jungle, which means destruction, fighting, bitterness, ugliness. A culture should be cultivated that is big enough to embrace all people. "We have such a queer idea of culture," she said, "when we have money, pictures, books, have had a little trip abroad, we call that culture when all around us is misery, vice, suffering, poverty which is our power to alleviate. Culture that overlooks these opportunities is nothing but selfishness."

The power of the ballot, she said, has given to the women of Illinois a tremendous chance. It is the big key to open all doors; it gives the women a chance if they but take it, to get out of their pettiness into things of quality. It is the place of women to insist that municipal affairs be divorced once and for all from politics. It is their duty to clean up their city, their duty not to be afraid, not to be rash or impulsive or imprudent. They must not try to have a woman's party but must consult with the men and get their opinion and viewpoint and then do what they believe is right.

Miss McDowell is an easy, attractive speaker with a straightforwardness that impresses one with her great earnestness. She is wholesome, alive to her theme and thoroughly familiar with every phase of the work in which she is engaged. She has a most attractive way of putting things and all combine to make her address most interesting.

Following the address of Miss McDowell, Mrs. V. L. Frykman, accompanied by Miss Notavene Steck, played two violin selections, Adagio, by Max Bruch and Serenade by Dria.

At the business sessions previous to the program, five new members, Mesdames J. Hill, W. N. Phillips, E. P. Reynolds and Misses Margaret E. Durmann and Madeline Murphy were added to the club roll.

Mrs. F. W. Bahnsen, chairman of the committee on revision of the constitution, read the proposed changes to be voted upon at the next meeting.

At the close of the program the ladies were served with refreshments by the hospitality committee.

### FREE METHODIST HAVE OPENED A NEW MISSION

The Free Methodists of the city have rented a room at 4114 Fourteenth avenue and have opened a mission there. Meetings are being held every evening and are open to the general public. It is the intention to organize a mission Sunday school in the near future, services to be held at this place.

### THE CURIOUS AXOLOTL.

It's a Regular Jekyll and Hyde Sort of Reptile.

Persons of only ordinary powers of observation know that tadpoles become frogs. This process of transformation is one of the most interesting of the many curious things that go on about us every day. The case of the tadpole and frog is mentioned that the reader may more easily understand a reptile that is found in southern California and Mexico.

There are several varieties of salamanders in North America, all of them perfectly harmless. One in particular lives in the desert regions of the southwest. The Mexicans call it the axolotl. It is perhaps the most curious of all reptiles. It is a light gray or pure white translucent reptile about seven inches in length. It lives in lakes and ponds, breathes through gills just back of the front legs, has a long tail and caudal fins above and below that extend its entire length and four stout legs, with which it creeps about the bottom of the pond.

In the region where these reptiles live long continued droughts are common. Then the ponds and lakes dry up. As the water falls evaporation begins. Instantly warns the axolotl that there will shortly be no water, and he makes preparation for a terrestrial life. The gills disappear, and he comes to the surface for air just as a tadpole does when he is about to become a frog. As the water grows shallower the axolotl loses a portion of his tail, sheds his caudal fins, changes from white to brown with gray spots and when the water is quite gone takes to the sand hills and becomes a spotted salamander.

The most remarkable thing about it all is that when the water supply is not exhausted he lives his entire life as an axolotl and never tries to become a spotted salamander. By experimentation an axolotl has been made to undergo almost complete transformation and then has been turned back into an axolotl again.—Youth's Companion.

### CITY CHAT

(Advertisements.)  
Buy a home of Rely Bros.  
For express, call William Trefa.  
Tri-City Towel Supply company.  
Independent Express & Storage.  
R. I. 981.

Vienna.—The Austrian Antarctic expedition under the command of Dr. Felix Koenig, who was a member of the German expedition under Lieutenant Filchner, will start for the south in June to explore the unknown territory around the Weddell sea and the Enderby region.

## DOMESTIC SCIENCE DEPARTMENT



**SCIENTIFIC KNOWLEDGE OF FOOD VALUES IS NECESSARY**  
We eat for efficiency.

It is impossible to decide intelligently how the money available for food should be spent and distributed among different food materials without understanding something of the composition of these materials and what particular function they have in our bodies.

Experience has taught us many things but the accumulating of experience is only worth while when interpreted by definite knowledge. It counts for nothing if it means the same over and over again. We certainly grow by mistakes and experience but not by the same kind repeatedly.

Until lately we thought a housekeeper could not even be told the exact scientific use of a teaspoonful of baking soda in relation to a pint of sour milk. But not so now. Much progress has been made in the last few years with clear, definite information about food and food values for the housekeeper, but I am sorry to say she has often been a little slow in availing herself of the knowledge she needs.

Much has to be overcome in the feeling that mothers and grandmothers did this or that and it is good enough for us; again much of the necessary information for them is still locked up in technical terms and the ordinary housekeeper, even though she be well educated in all else she does in her home has not the time to devote to the study of it and get the key.

In every city, however, lectures and practical demonstrations are given on this subject and many others, bearing directly on the well-being of

the family and the home. Sometimes these are without charge and again a nominal fee is attached. Whenever the housekeeper prefers she should certainly avail herself of the study of this most valuable knowledge of foods and their uses in the body.

We all know in a general way that food nourishes us and makes us strong and yet, if every housekeeper could make an analysis of her table three times a day she would be shocked at the lack of any one of these functions: (1) building the body; (2) furnishing heat; (3) giving sustaining power to work.

The first—"Building the body"—is exercised not only in a growing child where his food must be transformed into bones, muscles, blood and nerve tissue, but in the adult, after growth has stopped, the constant waste of the body tissue must be repaired by food.

The body must be built up by its own elements. For instance, the average man has been estimated to contain the following: Water, 108 pounds; nominal matter, 11 pounds; protein, 29.75 pounds; fat, five pounds; carbohydrates, one-fourth pound. From this one can see that it is only through certain foods having these same elements that the body can derive its growth and energy so that the internal as well as the external organs may work.

A six to nine-year-old child's breakfast on a cold winter morning would be: Four steamed prunes with juice but no sugar; four tablespoons of cooked whole wheat or oatmeal with half milk and cream and one-half teaspoonful of sugar; one whole wheat germ and one-half ounce of butter; one cup of cocoa.

This may be given an adult, increasing it one-fourth and it will feed muscles and tissues. In fact, it is food of the right kind to feed the body of a child at school or the adult in any line of work unless it be entirely out of doors, then increase the amount one-half.

### MODERN WOODMAN TO BE SENT BY MAIL TRAINS

For the first time since the establishment of the law known as the blue tax law, 18 months ago, the Modern Woodman, magazine of the M. W. A. order, will leave the local publication office this morning to be carried on mail trains instead of freight

trains as heretofore. The law has been in effect for many months requiring magazines to be transported by freight instead of mail venture. The local officers of the Woodmen order therefore applied for reinstatement on mail trains and the request has been granted. The magazine will go out this month Monday the 26th.

### The Argus Daily Pattern



One of the Quaintest, Most Becoming Modes is the Pannier.

It is quite natural with the vogue of old fashioned looking flowered silks, moirés and taffetas, that the pannier should appear. The effect is brought about in many ways; the draped overskirt, the puffed overskirt and the double or triple ruffle about the hips are for favor with the wired or corded tunic. Some form of overskirt is seen on most of the frocks.

Just at the moment there are few tailored frocks and suits to be seen; the gowns are all more or less dressy and are suitable for afternoon or evening. The simple little one-piece frock is still favored for shopping and morning wear but for afternoons, soft draped effects, frills and flounces, are the order of the day.

Number 8147 is of chiffon taffeta in that new perle blue; the blouse is kimono, the skirt is a two-piece model with a draped overskirt in pannier effect.

In size 36 this costume requires 6 1/2 yards of 36-inch material.

The sleeveless blouse is one of the attractive novelties of the season. One may have several lace underblouses lined with different colored chiffons, giving the effect of a new costume each time it is worn.

Number 8152 shows the popular robe effect, is sleeveless and opens in front to give the appearance of a vest. The skirt (8151) is a three-piece model with a double pannier. The overskirt and the pannier are of figured silk in a Persian design; the skirt is of terra cotta chamois. A cream colored chiffon underblouse completes a most attractive afternoon dress.

This may be copied in size 36 with 1 1/2 yards of 36-inch material for the blouse and 1 1/2 yards of 42-inch material for the guimpe. The skirt requires for size 24, 4 1/2 yards of 36-inch material.

Number 8147—sizes 34 to 42.  
Number 8152—sizes 34 to 42.  
Number 8151—sizes 22 to 32.  
Each pattern 15 cents.

To obtain either pattern illustrated all cut this coupon and enclose 15 cents in stamps or coin. Be sure to state number of pattern and size, measuring over the fullest part of the bust. Address Pattern Department, care of this paper.

No. .... Size .....  
Name .....  
Address .....

## SOCIETY

### The Charity Ball

Grand charity ball for the benefit of charity work in the city as represented by the Associated Charities and Visiting Nurse association, at the Masonic temple Jan. 29. Tickets, per couple, including dinner, \$5 each.

### APOLLO GLEE CLUB CONCERT.

A concert will be given by the Apollo Glee club of Rock Island Thursday, Jan. 22, at Zion Lutheran church under the auspices of the Ladies' circle of the church. This concert will be the first of a series of concerts which the glee club will give during the winter and spring. The last few months have been spent in hard work in increasing the repertoire of the chorus, and it is expected that in their appearance at the Zion church the club will have a good program in readiness for music lovers. The chorus will be assisted in the concert by Mrs. Helene Forsberg Miller, violinist; Clarke Swanson, trombonist; Emil Haas of Davenport, leader; Edwin Johnson, soloist; Miss Borghild Johansen, accompanist.

The chorus is looking forward to the busiest season that it has had since its organization. Concerts have been scheduled in Moline, Davenport, Geneseo, LeClaire, Swedenburg, Alledo and Cambridge. The program follows:

- a) Vart Land ..... Josephson  
b) Annie Laurie ..... Buck  
Chorus.  
Reverie ..... Vieuxtemps  
Mrs. Helene Forsberg-Miller.



### AFTER MEASLES Whooping-Cough or Scarlet Fever

is a critical period—weakened throats, delicate bronchial tubes and unsteady lungs often follow; sometimes impaired sight or hearing.

But if SCOTT'S EMULSION is taken promptly and regularly after the fever subsides it quickly restores pure blood and strengthens the lungs. Its nourishing force restores appetite, strength and energy. SCOTT'S EMULSION contains just the elements nature requires to restore sound health; it is totally free from alcohol or harmful drugs. Children relish it.

- a) Ingallil ..... Noren  
b) Bjornborgarnes March ..... Anon  
Chorus.  
Pro Pecunia ..... Rosini  
Edwin Johnson.

- a) O, Hail Us Ye Free (from "Ernanani") ..... Verdi  
b) Marschen gar till Tuna ..... Wideen  
Chorus.

- a) Soldier Tramp ..... Sheppard  
b) Not Understood, Thomas Bracken  
Emil Haas.  
c) The Carnival ..... Rosini  
d) Tinklers Song ..... DeKoven  
Chorus.

- Hosana—Trombone solo ..... Granier  
Clarke Swanson.  
a) Battle Hymn (from "Rienzi") ..... Wagner  
b) Praise ye the Father ..... Gounod  
Chorus.

### COMING OF MISCHA ELMAN.

The coming of Mischa Elman, the great Russian violinist, to Rock Island, Feb. 6, will be the big event of the year in tri city musical circles. This will be his first appearance in the tri cities and the Rock Island musical club, under whose auspices the concert is to be given, is making every effort to bring out a capacity house. There is no doubt as to the ability of Mischa Elman. He stands foremost among the great artists of the day. In addition to his great talent he has acquired poise, balance and a delicacy that rank him with the great players more than twice his age. He plays nearly 300 compositions from memory; he plays all the concertos written for his instrument, all of the concert pieces found in the repertoire of other great violinists and an endless number of transcriptions, many of them arranged by himself.

### MRS. HANCE SURPRISED.

Mrs. L. L. Hance was the hostess at a very pretty surprise party given Saturday evening by the members of the Crescent Club, who called at her home, 1625 Eighth street in celebration of her 32d birthday anniversary. Cards were played as the evening diversion and a number of delightful instrumental numbers were given by Miss Gladys Crosby and Mrs. Allen Pratt, and there were also vocal selections. Mrs. Hance was presented with many pieces of beautiful linen. A delightful lunch was served during the evening.

### HUMANE SOCIETY ANNUAL.

The annual meeting of the Rock Island County Humane society will be held Thursday, Jan. 22 at 6:30 o'clock at the Association house, 637 Seventeenth street. An excellent dinner will be served to all members and reports for the past year will be received. All members intending to attend this meeting are asked to telephone 1865 not later than tomorrow that places may be reserved for them.

### AINSWORTH-DONAHUE.

Miss Ella A. Donahue, daughter of Mrs. George Frysinger of this city, and Lloyd C. Ainsworth, son of Mr. and Mrs. Calvin Ainsworth of Moline, were united in marriage Saturday morning at 11 o'clock at the Ainsworth home, 848 Seventeenth street.

### CHOSEN PRESIDENT DEMOCRATIC WOMEN



Mrs. William A. Cullop.

Mrs. William A. Cullop, wife of Representative Cuppy of Indiana, has just been elected president of the Women's National Democratic league. She presided over the sessions of the league at its recent national convention in Washington.